

**IMPORTANCE OF ACHARA RASAYAN FOR A HEALTHY LIFE
STYLES**

***¹Dr. Bhanu Pratap Singh Tomar, ²Dr. Pawan Kirar, ³Dr. S. N. Tiwari and
⁴Dr. Pravanjan Acharya**

¹M.D. Scholar, Department of Samhita Siddhant, ²M.D., PhD, Assistant Professor,
Department of Samhita Siddhant, ³M.D., PhD, Associate Professor, Department of Samhita
Siddhant. ⁴M.D, PhD, HOD and Professor, Department of Samhita Siddhant, Govt. Ayurved
College, Rewa (M.P.).

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***Corresponding Author**

**Dr. Bhanu Pratap Singh
Tomar**

M.D. Scholar, Department
of Samhita Siddhant, Govt.
Ayurved College, Rewa
(M.P.).

ABSTRACT

Ayurveda has its unique approach towards healthy life. The main objective of ayurveda is to “maintain the health of a healthy individual by prevention of disease and to cure the disease ones”. Ayurveda being the foremost life science describes way to prevent and manage lifestyle disorders. Its provides proper dietary management and lifestyle advices through Dincharya (daily regimens), Ritucharya (seasonal regimens), Aachar Rasayan (code of conduct), Sadvritt (ideal routines), Panchakarma (biopurification), Rasayana (rejuvenation) therapies. The lifestyle diseases problems are as old as human civilization. The psychological (psychiatric) and physiological (organic) i.e Manas and Sharira roga respectively are interrelated to each other as per ayurvedic aspect. Acharya Charak has mentioned Achar Rasayan for the overall

physical, mental, social and spiritual health of man. Ethics means behavior and discipline, which guide and motivate the individual towards social happiness and mental stability. In this competitive era with hectic schedule, the need of the hour is to follow Achar Rasayan to lead a healthy, physically, mentally, socially and spiritually peaceful life. Today's youth are diverting themselves from unfair or immoral conduct. In this conceptual article briefly reviews Ayurveda Charak Samhita text to draw a conclusion on Achara Rasayana. This article also explains importance of Ethical and Code of conduct in maintaining physical, psychological, Social and spiritual health in an individual.

KEYWORDS: Ayurveda, Achara Rasayan, Health, Life style.

INTRODUCTION

The ancient verse defines the Ayurveda as the science of life management, which explain about the principles diet and lifestyles that are good or bad for life, what leads to a happy or unhappy life and what is the exact span of life that is known as Ayurveda.

Ayurveda is the science of life which explain about remedies for:

Hitayu– advantageous life.

Ahita ayu – disadvantageous of life.

Sukhayu – happy state of health and mind.

Dukhayu –unhappy state of health and mind.

It also explain what is good and bad for life and measurement for life. Ayurveda samhitas defines *Satva* (mind), *Atma* (soul) and *Sharira* (body) these three are Tripods of life, the world is sustained by their combination. They constitute the basis for everything according the acharya charak.

Ayu or life is the conjunction of the body, *senses* (*indriya*), *organs*, *mind* (*satva*) and *soul* (the self, the atman)and several synonyms of ayu, exist above which are *dhari* (what we sustain and achieve), *jivita* (who is alive, the organism), *nityaga* (which is with us always) and *anubandh* (continous flow).

HEALTH

According to Ayurveda - Acharya Sushruta has described the features of a healthy person in the above quote. It follows that doshas (bio-psychic forces), the digestive fire (*agni*), tissues (*dhatu*s) and waste products (*mala*) are in balance and in equilibrium. The quote also states that the mind (*mana*), sense organs (*indriyas*) and the soul (*atma*) should be in balance too.

According to WHO: Health is a state of complete physical, mental, social and spiritual well being and not merely the absence of diseases or infirmity.

“A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical and mental capacities.

What is lifestyle ?: Life style is a way a person lives. Lifestyle is a distinguishing (typical or personal) group of behaviors adopted by a person which includes one's habits, customs, social group, mode of dress, general diet, kinds of entertainment, language characteristics and the manner in which one performs common daily activities of living.

So, lifestyle is often an accurate reflection of our deepest values, attitudes, prejudices, moral standards, economic approach and personal philosophy. In short, the entire activities and conduct by a person during a whole day and night regarding its, method, timing, place etc. is called as lifestyle. i.e. how, where and when a person is sleeping, playing, wandering, eating, swimming, walking etc.

Top 10 Lifestyle diseases: WHO states the top 10 lifestyles disease in the world affecting health are as follows.

- Alzheimer's Disease
- Arteriosclerosis
- Cancer
- Chronic liver disease / cirrhosis
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Heart diseaseNephritis /CRF
- Stroke
- Obesity etc.

Factors Responsible For Lifestyle Disorders: To live a healthy lifestyle, you have to proactively fight the bad habits and it is thus important to know them first. Below are some of the most common unhealthy habits. The main factors contributing to lifestyle diseases includes.

1. Smoking: One of the most common problems we are facing in today's world which is killing people is smoking. A lot of people pick up this habit because of stress, personal issues and more. In fact, some even begin showing it off. When someone smokes a cigarette, they not only hurt themselves but everyone around them. It has many ill-effects on the human body. There are many other problems associated with smoking, including.

- Lungcancer

- COPD (chronic obstructive pulmonary disease)
- Asthma
- Reproductive Effects in women
- Premature, Low Birth-Weight Babies
- Gum disease etc.

2. Excess alcohol consumption: The problem of drinking causes devastation to individuals, families and the larger society. Excessive intake of alcohol causes a lot of health problems including.

- Depression
- Restlessness
- Liver cirrhosis or diseases
- Violence and accidents
- Disease and injury
- Family breakdown
- Disdain in society
- Increased risk of suicide etc.

Not Sleeping Well: Sleep is a very important factor in the functioning of human beings. Our body and brain are able to reset and rejuvenate themselves while we sleep. When we do not get the required amount of sleep, we tend to feel lethargic and foggy, as our mind and body are not able to replenish themselves. Sleep is important 6-7 hours of sleep is necessary for a healthy body. Lack of sleep can affect our ability to remember things; Decisions can affect our nature, person who is getting too little quality sleep may experience a range of symptoms, including: Heart disease, obesity, stress, hypertension, fatigue, irritability, mood changes, difficulty focusing and remembering, a reduced sex drive etc.

Not Exercising

Most people think that a lack of exercise just means an increase in weight. That's unfortunately untrue. Weight gain is one effect, certainly, but the effects of lack of enough exercises can also result in high blood pressure, metabolic syndrome (including obesity and abnormal blood cholesterol levels), coronary heart disease, osteoporosis, Type-2 diabetes, low energy levels, poor posture, and many other health issues.

Other Unhealthy Habits: - There are various other poor lifestyle habits that are common in india. Here are just a few.

- Too much television.
- Poor sitting posture.
- Not drinking enough water.
- Eating late at night.
- Eating too much junk food and too little healthy food.
- Addiction to electronic gadgets, like smartphones.

ACHARA RASAYAN: Ayurveda has contributed a great concept of Achar Rasayan. It is about the code of conduct, how one should live and what he should or should not do in order to lead a healthy life. In Ayurveda, it is an integral part of preventive medicine Rasayana. The origin of this concept is strengthening a healthy mind over which you have good control. We all know that in today's era every person is suffering from some disorder, the biggest problem of a person in today's era is stress, the main reason for stress can be your behavior towards people or things. Ayurveda treats all except life equally for optimum health. These include physical, psychological, spiritual, behaviour, food and diet to consider all aspects of life. Achar Rasayan mainly helps to have good control over the mind and body. The mind is about the cause of about 90% of the psychosomatic diseases that occur in life. For example, sometimes you are well aware that this food is not good for you, but still you eat it because of its taste which makes you happy. Later, you feel that you have done wrong and have to bear the brunt.

Achara rasayan, as described by charak says that everyone who wants to have a healthy and long life span should be careful to observe the following rules.

- Psychological Aspect
- Social and Behavioral Aspect
- Religious and Spiritual Aspect
- Personal Aspect

1. PSYCHOLOGICAL ASPECTS

1. **Satyavadinam – The quality of being truthful** - Truthfulness is very much important as it is directly related to a person's ethics character. The integral connection of mind and body is now fully embraced by the modern science also. If a person tells lie he/she creates

situations of stress. This stress may cause disease in body. The physiological changes in the body due to stress created in the mind by not being true to “self” or others can be a self harmful act. When we live in truth, our body finds its harmony and balance of our self, which then help heal our underlying imbalances.

2. Akrodham – who is free from anger - Anger is associated with Pitta Dosha that deals with the fire element. Anger raises Pitta in the body, pitta dosha gets vitiated in the digestive system causing gastric distress. Anger raises the blood pressure as well as the heart rate. Stress triggered by anger disturbs the harmony of the physiological environment of the body. This can make body susceptible to disease. Anger does not bring peace and tranquility to the mind, which is key to health and healing. The anger response is often our own worst enemy, Anger also burn up ojas, that factors that stabilize body and mind and support the immune system.

3. Ahimsa— Non - harming other living beings - *Ahmisa* is a Sanskrit word meaning "non-violence." The term is derived from the root word *himsa*, meaning "to cause pain," and the prefix, *a*, that means "not." In a broader sense, ahimsa means "universal love and compassion." Practice of ahimsa involves refraining from causing physical and psychological pain to any living being. Ahimsa is forgiveness, divine love and sacrifice. Ahmisa, in short, is being non-violent in thought and action, in body and soul. Ahimsa is one of the five *yamas*, which is the first "limb" of the great sage Patanjali's eight fold path (*ashtanga*) as described in the *Yoga Sutras*. Ahimsa is considered to be the most important of the five types of *yamas* because it represents the right attitude necessary to lead a moral life. Ahimsa is the absence of violence in physical, mental and emotional forms. The sages of the past practiced ahimsa as part of their spiritual development. Practicing ahimsa challenges yogis on both the physical level and mental level. For example, words that can cause pain to others should not be uttered. Practicing ahimsa generates mental fortitude. Refraining from retaliating when insulted or unjustly criticized requires more strength than fighting back. Practicing ahimsa takes courage, as only those who can resist reacting can practice ahimsa. Benefits of ahimsa include.

- Increases will power
- Cultivates compassion.
- Develops love for self and others.
- Purifies thoughts.

- Helps to achieve peace of mind. Regular practice of yoga can help to develop this attitude of non-harming. Yoga calms the mind, increases self-awareness and helps one to recognize the supreme expression

4. Anayasaka– avoids over strain or exertion - It is not recommended to over exert because it aggravates Vata, which is the air quality of our body physiology. Ayurveda says to exercise to fifty percent of your maximum capacity otherwise it harms. Vyayamor physical exercise, is an essential component of Ayurveda's system of preventive health care, rejuvenation and longevity. The essence of exercise is to exert yourself to half of your maximum strength or capacity. This Ayurvedic principle is called as Balaardh. It helps to maintain a consistent energy through your workout.

5. Prashantam–be calm and peaceful in mind - Peace of mind is an inner condition, and is independent of external conditions and circumstances, "The absence of mental stress or anxiety". When mind is at peace, one is not swayed by events or difficulties, and maintains a state of inner poise and clear judgment in all situations. "Inner peace (or peace of mind) is a colloquialism that refers to a state of being mentally or spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress. Being "at peace" is considered by many to be healthy and the opposite of being stressed or anxious." The body heals itself when the mind is tranquil and is not in a state of emergency. Calm and quiet mind make precise choices, which benefits not only to a doer but also to others. Meditative mind is a neutral mind, which is Sattvic, the impulse to evolve, to go forward, to progress.

6. Priyavadinam – do not hurt others with your speech – Speak pleasantly Do no harm is the core principle of every medicine practices. Physical, emotional or verbal abuse is to be avoided to live in harmony with our self and others. Words have consequences; once said it cannot be taken back. Our intention should reflect the true essence of our character. We can offer healing and comfort just by speaking pleasantly.

7. Japa para— devoted in repetition of holy chants always - remember God Having connection with the creator of Universe God develops focused mind and cultivates centeredness and grounding. Life becomes much richer and fuller if we recognize the beauty in all things. The concept of “me” or the self-centered nature of modern society is one of the epidemics of imbalanced lifestyle. Meditation and yoga can bridge that gap of separation.

8. Asamkiran– devoid of narrow mindedness - be generous and sharing Giving is receiving; the more we give, the more we receive. Being generous doesn't mean giving

everything away or renunciation. Sharing cultivates caring of others and in turn, caring for yourself. Generosity creates harmony with family and friends, neighbors and co-workers.

2. SOCIAL AND BEHAVIORAL ASPECTS

1. Nivruttam Madhya maithunath – who abstains from alcohol and sexual desires:

Madya Nivrati – do not indulge in alcoholic drinks - In Charaka Samhita the chapter dealing with alcohol consumption and alcoholism begins with warning that alcohol is considered a toxin. It provides a strict rule for consumption of alcohol. The qualities of Alcohol are Laghu, Ushna, Tikshna, Sukshma, Amla, Vyavaayi, Ashuga, Ruksha, Vikashi and Vishada. All these qualities are opposite to qualities of Ojas. So it directly effects our sattva. Alcohol depresses the central nervous system and has psychoactive effects in small amount but increased risk of developing alcoholism, cardiovascular disease, malabsorption, chronic pancreatitis, alcoholic liver disease and cancer. Damage to central nervous system and Peripheral nervous system can occur from chronic alcohol abuse. The liver and kidneys have to take the brunt to clean it out from the system in order to maintain a healthy functioning of those vital organs **Maithuna Nivrati observe celibacy and the sexual act according to the code** – Celibacy here does not mean “Brahma Acharaya” or observing abstinence for life. The idea is to be active with one partner, not multiple partners, and perform the sexual act based on the season, time of day, and emotion of both partners. According to the texts in Ayurveda, it is best to perform sex once a week, or no more than twice a week, depending upon the constitution of both partners. The life essence or “Ojas” is lost every time men ejaculate and women orgasm, although it is less for women. Oja is our immunity, which helps us against the disease. Therefore, it is best to be involved in asexual activity when both partners are well nourished and in good health. The desire for sex and the process should be more meditative than just releasing the pressure of stress from day to day lives. Only then it could be more pleasurable and blissful experience in the long run.

2. Deva go brahmana guru vruddha archana ratam – delights in reverencing gods, cows, elders and teachers - *Acharya* briefs regarding prevention of psychological disturbances in this citation, individual should worship god, cow, *Brahmin*, preceptors, elders, those who accomplished spiritual perfection and teachers, one should offer oblation to the fire, should wear auspicious herbs individual should perform *Vedic* rituals twice a day.

3. Anrashamsya–do not be cruel to anyone - Cruelty breeds hatred; makes our heart and mind unsettled. If we were to live in harmony with nature and our true essence is unconditional love, why would we then be cruel to anyone may that be animals, birds or

fellow humans? There should not be mental satisfaction in being cruel; but the joy of being kind and generous spreads around as in what goes around comes around. What goes around comes around. If we want to be loved and cared for, we can reciprocate by being kind to others.

4. Anahamkari– avoid super egotism - Without a clear plan of action, life can be overwhelming and challenging avoid super egotism Breaking the ego is the best possible practice in the modern day world. We are driven by ego, but not by our heart. When body, mind, and soul are aligned, ego is shaken up and crushed, manifesting the best deeds and actions from one's soul.

5. Upasitarah vriddhanam–respect and serve your elders - Elders have showered us with so many blessings –giving birth, raising us, and giving us knowledge and wisdom in order to weave through life with the utmost grace. They do not just earn our honor and respect but we are who we are because of them. Serving them is serving your own soul.

6. Upasitarah Astikanam– respect and serve priests, sages, and saints - Who serve your religion and God. They are priests, sages, and saints because they have lived their life with moral excellence. We can learn much from their path of righteousness. One way to learn that goodness is to serve them or have respect for their path of excellence.

3. RELIGIOUS AND SPIRITUAL ASPECTS

1. Dharma Para–keep yourself busy in religious activities - Whatever your belief system or your religion may be, it is utterly important to have devotion and faith in your practice. A focused and devoted mind can conquer any obstacle in life with utter grace. Having engaged in religious activities gives us a meditative mind, which has clarity and precision.

Shastra para– Continually study new sciences, advances, research, and philosophies and utilize them for the benefit of all human beings - Ayurveda, the science of life, has been around for more than 5000 years; however it has been changing throughout time. The inventions and break throughs in technology and medicine have ushered in amazing progress in science over the last 50 years. It is important to have an understanding of all practices including holistic and modern sciences to maintain the health of a healthy person and treat the disease. When we put our heart and mind into combining all practices, new advances, and research in treating the root cause of an imbalance –an evolution of a healthy society will not be a distant dream.

2. Addhyatma Parayanam– be conscious - No matter how small an act is, if we are engaged with pure consciousness, we achieve the highest outcome. A conscious mind is a pure mind or a Sattvik mind. Sattva is the impulse to evolve, to go forward, to progress.

3. Tapaswin— who meditates - Austerity Human civilization has gone through thick and thins in terms of religious conflicts. A garden has many flowers with different smells and colors but they are always living in perfect harmony with one another. No one religion or a belief system is ideal for all. In this multi racial, multi ethnic society, every religious view has its own essence and pitfalls. The best way to weave through life is to understanding one's own belief and living in virtue. Imposing one's own religious views and beliefs on others can be self-destructive. But rather how can we make a difference by doing virtuous acts based on our own belief system? People like Mahatma Gandhi, Martin Luther King, Mother Teresa, and Dalai Lama followed their own spiritual guidelines and made a lasting impact on others of many faith and religion.

4. Dana–Charity - Accumulation of things we do not need or over consumption creates not just the physical clutter in the space we live in but it reflects the lack of clarity in mind. We keep what we need just like we do things that up lifts our spirit. Donating things or money helps make us align with what Gandhi once said, "Simple living higher thinking." The blessings and grace from giving is priceless which opens up the heart of selfless service. Selfless service is selfless living. We are not only here to consume and be wealthy. The joy of living for others is a true healing in it.

4. PERSONAL ASPECTS: 1. Soucha Para–Purity - Personal hygiene and cleanliness are major indicators of one's good health. Impurities on both internal and external body clog up the channels or tissues in our body that is key to healthy metabolism. External source of germs like bacteria and viruses can be avoided to enter into our body if we stay clean and pure. Neat and clean people are often healthier and happier people.

2. Sama Jagrana –swapna– moderate in waking and sleep - Maintain balance in waking and sleeping. Do not stay up long into the night and do not sleep in the day time In Ayurveda there is concept of Avastha paka Ratri and Divasare also divided in three parts according to Dosha dominancy. According to modern science, Different organs of our body are active at different times of day and night. For example, liver is active between 12-2 am in the morning while small intestine is active between 12-2 pm in the day. For the optimum function and health of these organs, we should be in a restful state of sleep during the time when liver is

processing the toxins and should be awake during the day when small intestine is actively digesting foods. If we are awake in the middle of the night, the organs, which are active during that time, could not do its job in effectively.

3. Nitya ksheer ghritashinah – who consumes milk and ghee everyday: Take milk and ghee in moderation in your diet Warm milk is easy to digest yet grounding in quality. Milk nourishes the deepest tissues and tones the body. The sedative quality of milk when used with a pinch of nutmeg is often recommended for people with insomnia. Ghee or clarified butter lubricates the tissues and nourishes the body. It is the only dairy product considered to be good for people with high cholesterol. It raises the healthy cholesterol (HDL) while maintaining the bad cholesterol (LDL) and not raising it when consumed in moderation.

Properties of Ghrita: Ghrita alleviates Pitta and Vata, it is conducive to Rasa dhatu and Shukra dhatu (Semen) and Ojas. It has a cooling and softening effect upon the body. It adds to the clarity of voice and complexion.^[8] Cow Ghrita promotes memory, intellect, and power of digestion, semen, Ojas, Kapha and fat. It alleviates Vata, Pitta, toxic conditions, insanity, consumption and fever. It is the best of all unctuous substances. It is auspicious, cold in potency and sweet both in taste as well as Vipaka. When administered according to the prescribed procedure, it increases, thousand times in potency and develops manifold utilities.^[9] Ghrita enhances Ojas, the subtle essence of all tissues. It increases all Agnis, all digestive energies and enzymes of the body. It promotes Jatharagni, the digestive fire dwelling in the small intestine. It promotes the Bhutagni, the elemental fires which dwell in the liver and govern transformation of food in the body. It does not clog the liver, as do other oils and fats, but strengthens it.

4. Desha-Kala-Pramanagya– who is having proper knowledge of desha and kala - be a knower of place, time, and measures of activities Our body takes time to adapt to a new climate and weather conditions. When we live in harmony with nature and the season, we experience greater health of body, mind and spirit.

5. Upasitarah Jitatmanam–respect and serve the people who have Conquered their senses (masters of desires): We are pulled in so many directions because of our desires to be healthy, wealthy, and powerful. Our senses cause desire. Healthy desires are good for overall wellbeing, however, we are often engaged in unhealthy desires such as excessive sex, unethical or fraudulent ways of making money and hurting others to satisfy one's own

desires. People who have conquered their senses have conquered their own existence. Serving them can bring great insight into how to live without being ruled by our senses.

6. Yukti-gya–(Plan ahead to achieve your goals): It is said that “A goal without a plan is just a wish.” “By failing to prepare, you are preparing to fail ” in your life. Without a clear path, there is no destination. Similarly, without plans, it is difficult to reach the objectives. Planning helps to direct and redirect future for self and others for efficient living standard. For example if in future you may need money immediately, what you will do? That’s why most of the people save money, So that they can walk towards future confidently. That’s why planning is important to survive in life. Tools like meditation and yoga help to gain clarity so we can plan our future

CONCLUSION

Achar Rasayan (Code of conducts) mentioned in ayurveda are unique. These regimen of right conduct and behavior will not only helps individuals to obtain and maintain their health but also help to build a most civilized society and nation, worth of emulation. By appropriate utilization of achar rasayan we can prevent various type of physical and psychological disorders and can achieve long and healthy life in term of physical, mental, social and spiritual aspects. In the end we can conclude that achar rasayan is essential tool in modern era to prevent and eradicate the root cause of various diseases. The main aim of Achar Rasayan is providing a healthy and worry free living and mental satisfaction. It is only possible if you are very honest for the life and you did nothing wrong. It is a code of conduct aimed to provide a human physical, mental, social and spiritual health and general well being.

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